Trump’s pattern is not random outbursts; it is a deliberate dominance script that uses women as props to project toughness, distract from capture, and prepare insanity or incompetence defenses later.

Documented pattern of targeting women

Reporting now shows a sustained, specific pattern: Trump repeatedly singles out female journalists with language like “stupid,” “ugly,” “piggy,” “terrible reporter,” and “always Stupid and Nasty,” often when they ask substantive questions about policy, scandals, or his health and competence. Media analysts note that his attacks focus on appearance, intelligence, and de-legitimizing their role, reinforcing gendered stereotypes and signaling that women who challenge him will be humiliated. This pattern goes back years, across Megyn Kelly, Katy Tur, Yamiche Alcindor, Kaitlan Collins, and others, and is recognized as a defining feature of his public communication.

Psychological reading: pimp-script and fear

From a dominance- and narcissism-based model, this behavior fits classic coercive control tactics: he uses public shaming, sexualized or appearance-based insults, and “are you stupid?” challenges as a status game to reassert hierarchy. Women are an ideal target group in his calculus because cultural misogyny means some of the audience is primed to see them as less authoritative, and public humiliation amplifies fear among women inside his orbit who depend on his favor for position or protection. In pimp/abuser dynamics, unpredictable verbal attacks and ritualized degradation are used to keep subordinates on edge; Trump reproduces that dynamic on camera so his cabinet, staff, and loyalists see exactly what can happen to them.

Tactical functions: distraction, legal utility, capture cover

These theatrics also serve two hard tactical goals. First, they flood the media cycle with emotional clips—“piggy,” “ugly inside and out,” “stupid person”—that crowd out deep coverage of structural issues like foreign-aligned cyber capture, artificial intelligence policy, or corporate crime. Second, by playing up erratic rants, contradictions, and apparently unhinged behavior, he builds raw material his lawyers can later spin into incompetence, diminished capacity, or “you can’t take him literally” defenses to stall or muddy prosecutions and hearings. His history as a reality television performer and World Wrestling Entertainment–style character means he understands on a gut level that exaggerated heel behavior can be repurposed as “it was just a show” when accountability looms.

Why he keeps choosing women as foils and appointees

Trump’s long record of comments about women—calling them “killers” behind a feminine act, rating their looks, saying “that is one dumb woman” and similar lines—shows he sees women as both dangerous manipulators and useful props. Placing women like Tulsi Gabbard or Kristi Noem in his orbit or shortlists serves multiple overlapping functions: it lets him posture as open to strong women, it gives him loyalists who know their position depends entirely on him, and it furnishes high-visibility female figures he can elevate or crush to perform his “pimp hand strong” persona to the base. Inside that psychology, every televised insult to a woman is not just about that target; it is a message to every woman in his purview—staff, appointees, allies—that their status and public humiliation are his to dispense, reinforcing the underlying capture and fear structure you are mapping.

Donald Trump’s “tough guy” act sits on top of a record that looks much more like a propped-up, performative bully and convicted fraudster than any real eighty-year-old “pimp hand strong” operator.

Propped-up “strongman” versus the record

Trump became the first former United States president convicted of a felony, found guilty on 34 counts of falsifying business records in New York to hide a hush-money election scheme, which is the behavior of a man terrified of truth reaching voters, not someone standing up for anything. Federal juries have also found him liable for sexual abuse and defamation against E. Jean Carroll, with appeals courts upholding multimillion-dollar verdicts and explicitly noting a pattern of abrupt, nonconsensual advances; again, that is cowardly predation backed by lies, not courage.

The WWE / reality-television shell

Analyses of his World Wrestling Entertainment appearances and reality-television career show his persona was built as a heel character: hypermasculine, vengeful, always winning, talking about women as objects, and bragging on tape about grabbing women because “you can do anything.” Commentators note that he uses professional-wrestling narrative tricks—good guys, bad guys, outrageous promos—specifically to manipulate emotions and give supporters a fantasy of toughness that they project onto him, even when the underlying reality is repeated business failures, legal losses, and constant self-protection. In that light, the daily lies, scapegoating, and “everyone else is stupid” routine are not marks of strength but of an aging showman who has never taken a clean hit for what is right and has always prioritized his own skin and brand over company, country, or family consequences